

Book 11: *Armed and Dangerous*

John Francis E. Young

ENTERTAINMEN

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Received 15 April 2004; accepted 15 May 2004
Published online 15 June 2004 in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/anie.200400400

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 101–108

'She said I was ugly'

Re Journalist Walter, *l'espresso*

"YOU CAN PARAPHRASE ALL THE THINGS that she says, but she knows in her heart what she's doing and it will eat her up."

Businessman Happy Duggan was referring to actress and Queens City councilor Ali Mokshi, with whom he had an affair at Nino's restaurant in Country 2. Mokshi in the early morning of Feb. 3.

Monday morning, Tappi filed suits of physical injury and oral defamation against Abu—who happens to be an ex-girl friend of the Indian Prime Minister—in the Office of the City Prosecutor in Beirut.

"We did not ask for damages. We only want justice. The trouble is, there is no attorney willing to sue any company that says its computers," Higgs told INSPIRE. "Government also is not confident in a private court system."

REPTO Omgungu a jidara (Mm. Khe) Molekela ake kaizer, "E sechana ake gona, goitla a naye tsa?"

Haggy said she could no longer value the fact that Nike had been lifting out its TV and print advertising, as she desired someone out in public to be the face of the story. "She's like a house cat; you can't see any strands past being too fluffy, any more so," said his business manager.

Who's the victim?

In her affidavit, Rapp said that while she was on her way to the bar inside the restaurant, "she passed by my table without any previous announcement and without any opportunity for me to defend myself however to me at the time she was still her client."



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PHILIPPINE DAILY
INQUIRER

TV GUIDE

Saturday 8pm

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Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2433	2434	2435	2436	2437	2438	2439	2440	2441	2442
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Aming jianzhongnari

Cheri Mercado

Exotic Invasives



6TH ASIA PACIFIC MINING CONFERENCE & EXHIBITION

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The 6th Asia Pacific Mining Conference (APMC) is the 11th APMC, and the first to be held in Manila. The conference is the largest of its kind in the Philippines, and the largest of its kind in the Asia Pacific region.

The APMC is organized by the Philippine Mining Association (PMA), which is the largest mining association in the Philippines. The PMA is a non-profit organization that represents the interests of the Philippine mining industry. The PMA is a member of the International Chamber of Commerce (ICC) and the International Association of Mining Companies (IAMC).

The APMC is held in Manila, Philippines, at the Makati Shangri-La Hotel. The conference is held in two days, October 11 and 12, 2003. The conference is held in two days, October 11 and 12, 2003. The conference is held in two days, October 11 and 12, 2003.

SPEAKERS

Dr. Jose C. Yulo, President, Philippine Mining Association (PMA)

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After Luisita, more tillers want stock deals cancelled

By Marlene S. Rivera

MANILA, OCT. 10—The government's decision to allow the Luisita mine owner to cancel stock distribution options which have failed to prosper the lives of farmers.

Two farmers groups that opposed the stock distribution option in Nagpo-Bugawen province are asking the revocation of their stock distribution option.

The two farmers groups are the 215-member Nagpo-Bugawen, one of the 112 farmer groups in the Nagpo-Bugawen area.

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Tuesday, October 11, 2003

24th Week in Ordinary Time

1st Reading:

Genesis

1:1-28

2nd Reading:

1:1-28

3rd Reading:

1:1-28

4th Reading:

1:1-28

5th Reading:

1:1-28

6th Reading:

1:1-28

7th Reading:

1:1-28

8th Reading:

1:1-28

9th Reading:

1:1-28

2 Filipino women unhurt in Pakistan quake

TWO CAPS after it happened, they could not get out of the apartment building in Islamabad, saying they were trapped and could not find their way out.

"I could not see the people, still not their crying," she said, her voice choked.

Official statistics show the 7.8-magnitude quake killed 224 people in Pakistan, with a million of lives more in another building.

No Filipino residents have been reported.

Official records showed there were 100 Filipinos in Pakistan at the time of the quake.

Quake death toll may rise to 40,000

Two days after the quake, the death toll in Pakistan is rising.

There were reports of people being buried alive in the rubble.

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Palace: No martial law

The Palace said it is not considering martial law.

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74 maid gain access to cyberspace

The maid gain access to cyberspace.

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US cool to RP offer of help in spy case

The US is cool to the offer of help in the spy case.

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METRO

Editor: Juan C. Dizon

Print on your front page

Print on your front page

NBP dismisses suspicions of rubout in Munti jailbreak

By Jocelyn R. Uy

WHILE NBP DENIED TO BE A REPLAY OF a jailbreak in Camp Baguio City in Taguig City, inmates in the escape group from

the New Bilibid Prison (NBP) in Marikina City, only today morning when prison guards were discovering the escape for the 36 detainees at building 14.

At around 4 a.m., while prison guard Eric Peralta was checking the inmates' breakfast in the kitchen area, two inmates identified as Roberto Job and John Dela Cruz suddenly attacked him.

The kitchen area is separated from the detention cells by a narrow passageway and a small fence. In the end, inmates can escape from the jail, but have to pass through

three individual guards.

Job, arrested Peralta's M-16 rifle while Roberto passed and pushed the guard. The guard, brought back and was killed and wounded as a result of the incident.

John Lim, also on duty that morning, was arrested by inmates Roberto Peralta and Roberto Peralta who had no weapons with him. "I was stopped," Lim said. Roberto's weapon was a short sword like a knife.

Job was the first to escape from the building, followed by Dela Cruz and the other two, Lim recalled.

Dela Cruz and Peralta were the official "sashers" or head guards of Building 14, allowing them to enter the kitchen area.

Lim said they were not able to keep an eye on the inmates as Job and Roberto were able to sneak out together with Dela Cruz and Peralta. "They didn't have weapons with them," Lim said. "They were not able to keep a tight watch on two inmates who were also in the area."

Dela Cruz added they were caught off guard because they trusted the two "sashers." Roberto (head guard) is the guard who followed the escape attempt. Roberto, Peralta and Dela Cruz were killed immediately after escaping but was able to break free. He was killed after a two-hour pursuit.

NBP Sgt. Romeo Lopez, in an interview with reporters, pointed out, dismissed speculation that Job was "rubbed out." He said the escape was killed when he tried to catch them.

Security officer Roderic Peralta was seriously wounded during the process, according to Lopez. Roberto is confined at the Marikina Medical Center.

Lopez also brushed aside allegations that the incident resulted from the "matters of concern" of inmates at Building 14.

A document obtained by the INQUIRER showed that Dela Cruz was one of 72 inmates who wrote to Commissioner of Prisons Roderic Gilbert about requesting "just and humane treatment" and the suspension of curfew rules.

The inmates also complained about the chain-link fence that separated them from their families and relatives when they visited. An inmate source said the building was crowded, limiting the movement of inmates and leaving them with no privacy.

But Lopez said the building was one of the NBP's good areas with well-ventilated air, a basketball court, a library hall and a ping-pong table.

He said it was not possible that inmates and the demand for suspension of curfew rules resulted in a jailbreak. "A curfew rule is not a right but a privilege given to responsible inmates," he explained.

He added that the NBP would conduct an investigation on the incident in the future.

Teen escapes from abductors

By Nancy C. Cervino

A 15-YEAR-OLD GIRL WHO WAS ALLEGEDLY kidnapped by a doctor and raped by a neighbor escaped with the help of another inmate.

Lim, son of her mother, said he was off-duty that day and was in a bar playing cards when he saw the doctor in the parking lot and could get out.

She identified their neighbor Rodolfo Ruelas as the man who had raped her inside the church house of San Antonio in Marikina City.

Ruelas was arrested last Sunday morning in Marikina City. In Marikina City, Ruelas is still at large.

Police Senior Supt. Ben Gamboa said they were assisted by the Northern Police District Special Response and Tactics Unit in arresting Ruelas, who was reported to be armed and dangerous.

"We have unconfirmed reports that he killed three people but their relatives were too scared to complain," the police officer said.

The police officer said a charge of abduction with rape would be filed against the man.

After being raped by Ruelas, the doctor kidnapped her but her mother killed him. Lim, she said, was moved to another place by Lim's mother by Ruelas.

The teenager said one of the men simply laughed when she said she would report the incident to authorities.

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Connecting People

Astros cop series in 18 innings

MINNETONKA, MINN. — The Houston Astros won the longest playoff game in Major League history on Sunday, beating the Yankees by a score of 7-6 after 18 innings to claim their second consecutive National League Division Series (NLDS).



WCCW's Astros on duty versus a short-pitcher in the second inning of their sudden-death playoff.

That's not how you're supposed to win—Tiger

SAN FRANCISCO — TIGER WOODS' win of the season's world number one Tiger Woods has made it clear he is only interested in one thing on the golf course—winning.

Woods' second playoff win of the season, having beaten Chris DiMarco in a 16-hole playoff at the U.S. Masters in April.

chain smoking, chicken wing loving, (he doesn't—another play on it) his mind is on anything but golf.

J-Ro ends up 11th; Perrot prevails

NEW YORK — JIM FINGER, looking for a way to win, ended his season with a 27th place finish in the 11th place in the \$1 million U.S. Long Drive Challenge.

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PERROT Prevails in Long Drive Challenge.

Yanks force Game Five

NEW YORK — THE POWER RANGERS New York Yankees would have to overcome the Los Angeles Angels 3-1 on Sunday, keeping their season alive by forcing a decisive Game Five in their American League Division Series.

Corrales wants another crack at Castillo after KO

LOS ANGELES — CORRALES has been badly beaten and is in the corner, but he wants to fight another day for a third fight with Juan Castillo.

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Putting is golf's most difficult stroke

THEIR WOODS WERE AGAIN ASKED about the most difficult stroke in golf, and they all agreed: Putting. It's the most difficult stroke in golf, and it's the most difficult stroke in golf.

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Jainu advances

CHICAGO, ILL. — FOR ALKALOID JAINU, playing tennis with his tennis ball, Sengupta, Sengupta, can be a simple approach to promote peace and unity.

FESTIVAL OF FESTIVALS

Advertisement for the Festival of Festivals, featuring a list of events and a photo of a performer.

POCAHONTAS: The Pocahontas Foundation is a 501(c)(3) nonprofit organization that promotes environmental education and support for educational programs.

Advertisement for Cinemania International Film Festival, featuring a list of films and a photo of a performer.

LIFESTYLE

For feedback, e-mail us at life@pdi.com.phSee us your favorite
magazine (the one you get at home) for
LIFE (October 2005) or LIFE (January)

Editor: Chole Sand-Fernando

MONDAY ARTS & SOONERS • TUESDAY FITNESS • WEDNESDAY 3B • THURSDAY FOOD • FRIDAY FASHION & BEAUTY

Lift weights to stay young

IF YOUTHFULNESS IS DEFINED as the ability to function independently in your old age, then lifting weights is one of the favorites of youth.

Well and Good



Tina Alvar

According to research, a 70-year-old ordinary person will have lost 40 percent of muscle mass and 70 percent of strength especially in the lower body. This means difficulty in walking, standing up from a sitting position, and activities of daily living like taking a bath or going to the toilet without assistance.

A study published in the *Physician and Sports Medicine Journal* found that muscle weakness and loss of balance and coordination that caused six percent of adults over the age of 65 to fall at least once a year. Falls are a leading cause of injury in people over 75.

The loss of muscle mass occurs even when it is due to inactivity—a decrease in muscle fiber size and number. Some scientists believe the decrease is genetic and, therefore, an inevitable effect of aging.

However, the decrease is actually due to inactivity and can be reversed by resistance or strength training. Lifting weights is one example. Strength training also increases bone density and helps prevent osteoporosis or brittle bones.

Thus, it is actually people over 50 who need to lift weights the most.

Landmark study

A landmark study on strength training for the elderly was done in 1999 by Tufts University researchers in a nursing home. It really happened: the significance of this study, you have to realize that participants (old women and four men) were frail 80-year-olds. They were by no means healthy.

Seven of them had osteoporosis, six were had hypertension, eight had a history of falls, six had coronary artery disease, four had high blood pressure. One needed assistance with simple physical activities, seven regularly used a cane.

After eight weeks of lifting weights three times a week, the researchers were amazed to discover that leg strength increased by 175 percent. Total thigh muscle area increased by nine percent.

Two of the participants no longer needed a cane. One of three people who couldn't get out of a chair without assistance could already do so without any help.

Although they lifted 80 percent of their lifting capability, considered "high intensity" strength training, their pulse rates and blood pressures changed very little. Those with arthritis did not get any worse.

First step

Subsequent studies in the last 12 years involving men and women 60-90 years old have all confirmed the benefits of resistance training for the elderly.

Many experts now recommend that strength training be the first step in the exercise program of an elderly person because it helps get the individual ready for other more aerobic-like walking.

According to the Harvard Health Letter, "Many older people who are inactive but want to get moving may think that a goal of walking about is a waste of time, since a lot of weight loss, the opposite may actually become."

"People who have been sedentary for long periods are at high risk for falls because their muscle mass is weak. Coordination is often limited, and balance may be poor. To reduce the risk of falls and injury, people over 65 who haven't recently been active should begin by strengthening their legs, arms and trunk muscles with three to four weeks of weight training. Then to three times a week before walking long distances or engaging in other aerobic exercise."

Exercise guidelines

The American College of Sports Medicine (ACSM) has specific strength training guidelines for people over 50 years old. ACSM recommends that older individuals should increase gradually from weight lifting sessions two to three times a week to strengthen all major muscle groups—arms, legs, shoulders and trunk. The weight should be heavy enough to fatigue the muscles in 10-15 repetitions.

EXERCISE OF THE WEEK

Swan dive on mini ball

TWO PLANKS-ARMED SWAN DIVE: STRENGTHENS THE abdominal muscles and strengthens the back of the arms, backside and hamstrings.

Equipment:
Swan dive mat and mini ball



Exercise technique

1. Lie flat down with the mini ball under your pelvis.
2. Press on your forearms and lift both legs behind you by tightening buttock muscles.
3. Pull yourself upward by pulling forward on the mini ball and straightening your arms.
4. Maintain starting position by holding the elbows, pulling backward and lifting your legs.
5. Do the desired number of repetitions.

Performance tips

1. Inhale as you roll upward, exhale as you



2. Keep neck lengthened and shoulders away from the mat.
3. Keep forearms aligned to lift the legs.
4. Repetitions: 10-15 repetitions.

Miracle foods from the Bible

Part 2

FOODS MENTIONED IN THE BIBLE STILL exist to this day. And until now we can avail of ancient cures from natural sources like plants.

Last Supper dessert

"Keeping the Passover" is a ceremony that has largely remained unchanged for 30 centuries. Jesus had a ceremonial meal that included bitter herbs, unleavened bread, lamb, parsley, and a dessert called charoset (or haroset).

The dessert is a mixture of chopped apples, walnuts, raisins, dates, cinnamon, wine and honey. Medicinal plants were mixed in with this dish, which could relieve ailments like heart pain, dissolve gallstones/kidney stones, boost an underactive thyroid, and make warts, herpes, acne, psoriasis disappear.

Walnuts contain omega 3 fatty acids that have anti-inflammatory effect. They are good for arthritis, rheumatism, heart disease. A handful of walnuts daily is enough to ease fatigue, swelling and mental sluggishness.

Parsley is an excellent diuretic, cleansing the body. It is good for allergic sneezing, kidney inflammation/stones, prostate pressure and enlargement, menopausal joint pains and shoulder pain. Parsley contains 22,500 units of vitamin A per ounce, more vitamin C than a handful of oranges, and more iron than spinach.

Parsley tea:

½ c fresh parsley
2 pints water

In an enamel or glass saucepan, bring to a boil. Simmer for 10 minutes. Strain. Cool. Drink one cup after meals.

Caution: Parsley is not for pregnant women as it can cause uterine contractions.

Celery, a member of the parsley family, is

INSIDE OUT

Cory Quirino



used to neutralize uric acid and gout. The seed is also a diuretic (increases urine production) and relieves blood pressure. It can boost a lazy menstrual cycle. One of its best-known benefits is to lower blood sugar levels and relieve facial neuralgia (severe burning or stabbing pain often following the course of a nerve).

University of Chicago Medical Center researchers discovered that the 3-N-furylphthalide in celery could lower cholesterol in animals.

Dosage: Four stalks of celery daily for one week will achieve significant health benefits. Or, take celery seed tea three times a day after meals.

Green juice: In a juicer, place 4-5 stalks of celery. Add cucumber to improve the taste. Drink up.

Sheep Sorrel, considered a miracle herb, it's a powerful infection fighter. It detoxifies the stomach, stimulates the appetite and relieves nausea, vomiting, ulcers and abscesses. More importantly, it has anti-cancer properties.

Herbal brew:

1 lb sheep sorrel (powdered)
6-1/2 c of burdock root (cut)
¼ lb slippery elm (powdered)
1 ounce Turkish rhubarb root (powdered)

Mix ingredients and place in a dark cupboard.

Essiac tonic (Rene Carse's formula):

Use one ounce of herb to 1 quart of water. Boil for 20 minutes. Cool. Strain.

After it has been sitting for 10-12 hours, heat again until boiling. Let settle.

Strain. Place in hot sterilized bottles. Let cool. Store in a dark place. Drink.

Dosage: Take one ounce of essiac with 2 ounces of warm water every second day at bedtime on an empty stomach.

Don't eat or drink after taking this tonic. No medication can be taken with it.

Allow three hours between intake of any medicine and essiac.

Treatment duration: 32 days then every three days.

Dandelion shoots contain boron that raises estrogen levels and prevents osteoporosis. The bitter herb was used in the Last Supper.



NVLA'S YOUNG ADVERTISERS: Nicole Guo, Lauren Doran, Alice Caplan, Baha Ghogha, Wilbert marketing director Nick King and his team



WOMEN owners and viewers: Entrepreneur Christine San Diego with TV host Dyan Castle and MTV's Jay Maad



MY FLAVORA, party (top), with party hosts Nicole Horner and Raymond Gutierrez

Whitewashed



WIP and her pals Leigh Carver and Kate Forth



INTERNATIONAL designer: Nicole Horner with her team at the American Consulate



MR. DREAMING: Michael Buhle with his team at the American Consulate

THROUGH THE BLACK DRESS SKIMS in her hair to reveal three white shoulders and fashionably white skin.

Nicole Horner, 28, is a former model and currently a fashion designer. She is the owner of the brand "White Wash" and is currently working on a new collection. She is also a model and has appeared in several magazines. She is currently working on a new collection and is also a model and has appeared in several magazines.

WITHOUT BATTING AN EYELASH

By Nicole Horner

Photo by Alex Van Hagen

using Kodak EasyShare

day started. Rapidly, I was by TV personality Gena Lee Poppo and Phyllis Webb, the latter was highlighted by an "On the White Wash" segment. I was then joined by TV personality and model-champion, including Cheryl Hill and their friends, ended with a group photo on the runway.

Getting up with barely any sleep, I was in the mood for a good night's sleep. I was in the mood for a good night's sleep. I was in the mood for a good night's sleep. I was in the mood for a good night's sleep.

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FORMER stars with Nicole Horner and Raymond Gutierrez



WIP and her pals Leigh Carver and Kate Forth



INTERNATIONAL designer: Nicole Horner with her team at the American Consulate



MR. DREAMING: Michael Buhle with his team at the American Consulate

Miracle foods from the Bible

By Nicole Horner

The Bible, which is a collection of books, is a source of inspiration for many people. It contains many stories and teachings that have shaped the world. One of the most interesting aspects of the Bible is the way it describes the natural world. There are many stories of people who have been blessed with special powers or abilities. These stories are often used to teach people about the power of faith and the importance of following God's commands.

One of the most famous stories in the Bible is the story of the blind men and an elephant. In this story, a group of blind people are touching different parts of an elephant and making conclusions based on what they feel. One person touches the leg and says it's like a pillar, another touches the ear and says it's like a fan, and so on. This story is often used to illustrate the importance of seeing the whole picture and not just focusing on one part.

Lift weights to stay young

By Nicole Horner

A study published in the *Journal of Strength and Conditioning Research* found that lifting weights can help people stay young. The study found that people who lift weights regularly have a higher level of muscle mass and strength than people who do not lift weights. This is important because muscle mass and strength are key indicators of overall health and vitality. Lifting weights can also help people maintain a healthy weight and reduce the risk of chronic diseases.

Another study published in the *Journal of Strength and Conditioning Research* found that lifting weights can help people stay young. The study found that people who lift weights regularly have a higher level of muscle mass and strength than people who do not lift weights. This is important because muscle mass and strength are key indicators of overall health and vitality. Lifting weights can also help people maintain a healthy weight and reduce the risk of chronic diseases.

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INNER AWARENESS

Jaime Llanusa's column will appear next week.